



10th September 2018

Dear Parent/Carer

As you will be well aware there are increasing concerns about the amount of sugar young people are consuming in their diet. Consumption at levels in excess of the recommended daily allowance can lead to complex health conditions such as obesity and type 2 diabetes. As a school we use our PSHE and PE curriculum as an opportunity to educate all students about leading a healthy lifestyle and we ensure that our catering provision provides students with a range of healthy options at both break and lunch. We are however becoming increasingly concerned about the number of 'energy drinks' being consumed by our students. We do not recognise these drinks as a necessary part of a young person's diet.

Arguably some energy drinks do have a place in the world of sport, but are not required as a part of a healthy daily routine. Drinks such as 'Monster', 'Red Bull' and 'Rockstar' can contain up to as much as 20 teaspoons of sugar, 3 times the recommended daily allowance for adults, and as much caffeine as 2 cups of coffee. Some cans do in fact carry a warning that they are not suitable for children and, as part of a voluntary code, drinks companies should not be promoting the drinks to people under the age of 16.

Over time we have seen an increasing number of students attempting to use these drinks to mask tiredness from a lack of sleep and we have seen the negative impact of the drinks on behaviour both in and out of lessons. Some students are loud and hyperactive as a result of consuming the drinks whilst others are unable to concentrate on the set tasks in lessons. The over consumption of such sugary and caffeinated drinks can actually have a detrimental impact on sleeping patterns and energy levels and therefore a young person can become more lethargic and find it even harder to focus throughout the whole school day.

At this early stage in the new school year I want to remind everyone that energy drinks are banned from the school site, this is very much in line with the action taken by lots of schools across the country. We will confiscate and dispose of the drinks if they are found in school. We appreciate you cannot control what your son or daughter purchases on the way to school but please, if you know they buy such drinks, make it clear that they are not to be brought on to the school site. I will use assemblies in school as a forum for reminding students of this policy.

Thank you in anticipation of your support.

Yours sincerely

P Hunt

Mr P Hunt
Assistant Head of School - Personal Development

The Garibaldi School | Garibaldi Road, Forest Town, Mansfield, Nottingham NG19 0JX
Telephone: 01623 464220 | Email: gadmin@garibaldi.notts.sch.uk | Website: www.garibaldischool.co.uk

Executive Head Teacher: **Christopher James** BA (Hons), PGCE, NPQH | Head of School: **Ryan Hawley** BSc (Hons), QTS, NPQH

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